

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01229, Cheese, white, queso blanco

Report Date: December 05, 2015 15:11 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	48.70	--	1.760	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1299	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein <sup>1</sup>	g	20.38	--	0.678	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) <sup>1</sup>	g	24.31	--	1.741	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash <sup>1</sup>	g	4.07	--	0.235	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.53	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Sugars, total <sup>1</sup>	g	1.76	--	0.457	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose <sup>1</sup>	g	1.60	--	0.548	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose <sup>1</sup>	g	0.16	--	0.104	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	690	--	20.775	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe <sup>1</sup>	mg	0.18	--	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg <sup>1</sup>	mg	29	--	1.087	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P <sup>1</sup>	mg	467	--	11.785	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K <sup>1</sup>	mg	126	--	13.541	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	704	--	67.985	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn <sup>1</sup>	mg	3.06	--	0.167	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu <sup>1</sup>	mg	0.025	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn <sup>1</sup>	mg	0.021	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se <sup>1</sup>	µg	13.8	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.048	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin <sup>1</sup>	mg	0.230	--	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin <sup>1</sup>	mg	0.035	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid <sup>1</sup>	mg	0.397	--	0.020	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-6 <sup>1</sup>	mg	0.086	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total <sup>1</sup>	mg	15.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine <sup>1</sup>	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 <sup>1</sup>	µg	1.75	--	0.145	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, RAE	µg	157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol <sup>1</sup>	µg	155	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta <sup>1</sup>	µg	23	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, alpha <sup>1</sup>	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta <sup>1</sup>	µg	2	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	555	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene <sup>1</sup>	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin <a href="#">1</a>	µg	3	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.47	--	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, beta <a href="#">1</a>	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma <a href="#">1</a>	mg	0.04	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta <a href="#">1</a>	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin D (D2 + D3) <a href="#">1</a>	µg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	0.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D <a href="#">1</a>	IU	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) <a href="#">1</a>	µg	1.6	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	13.661	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 <a href="#">1</a>	g	0.518	--	0.037	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 <a href="#">1</a>	g	0.421	--	0.034	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 <a href="#">1</a>	g	0.250	--	0.021	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 <a href="#">1</a>	g	0.574	--	0.049	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 <a href="#">1</a>	g	0.650	--	0.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
14:0 <a href="#">1</a>	g	2.195	--	0.182	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 <a href="#">1</a>	g	0.226	--	0.019	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 <a href="#">1</a>	g	6.048	--	0.490	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 <a href="#">1</a>	g	0.144	--	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 <a href="#">1</a>	g	2.567	--	0.189	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

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20:0 <sup>1</sup>	g	0.035	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 <sup>1</sup>	g	0.012	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 <sup>1</sup>	g	0.008	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	6.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 <sup>1</sup>	g	0.177	--	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:1 <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated <sup>1</sup>	g	0.444	--	0.033	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c <sup>1</sup>	g	0.366	--	0.028	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t <sup>1</sup>	g	0.078	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 <sup>1</sup>	g	0.049	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

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18:1 undifferentiated <sup>1</sup>	g	5.741	--	0.396	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c <sup>1</sup>	g	5.099	--	0.359	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t <sup>1</sup>	g	0.642	--	0.042	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 <sup>1</sup>	g	0.041	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 c <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t <sup>1</sup>	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.149	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated <sup>1</sup>	g	0.922	--	0.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c <sup>1</sup>	g	0.610	--	0.046	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs <sup>1</sup>	g	0.142	--	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined <sup>1</sup>	g	0.170	--	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated <sup>1</sup>	g	0.113	--	0.015	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.105	--	0.015	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-6 c,c,c <sup>1</sup>	g	0.009	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 <sup>1</sup>	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c <sup>1</sup>	g	0.007	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated <sup>1</sup>	g	0.028	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 <sup>1</sup>	g	0.026	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated <sup>1</sup>	g	0.036	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) <sup>1</sup>	g	0.009	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 <sup>1</sup>	g	0.008	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) <sup>1</sup>	g	0.016	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) <sup>1</sup>	g	0.002	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total trans	g	0.890	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.719	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol <sup>1</sup>	mg	70	--	4.516	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

**Sources of Data**<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD